SO_1447C_PDD51-VB
5-Dec2011

63mm

99mm

PYLE® SPORTS

SPEED MATE

PEDOMETER WITH MOTION SPEED MEASUREMENT

PPD71

INSTRUCTION MANUAL

www.pyleaudio.com

SPECIFICATIONS

Clock	12/24 format with hour/ minute
Step measurement range	0 - 99,999 steps
Distance measurement range	0 – 99.99 km or mile
Exercise timer range	23 hrs 59 mins
Stopwatch measurement capacity	9 hrs 59 mins 59.99 sec
Calorie measurement range	0 – 99,999 Kcal
Fat measurement range	0 –12,986 g
Target distance range	0 – 99.99 km or mile
Target timer range	23 hrs 59 mins
Target speed range	0 – 39.9 km/h or mile/hr
Body weight range	30kg – 219kg or 66lbs – 479lbs
Body height range	100cm – 249cm or 40" – 99"
Odoemter	9999km or mile
Power	1x CR2032 3V battery

IMPORTANT: Pack carefully in original package if possible. We are not responsible for damage incurred in returning items for repair. A letter stating your exact street address, daytime phone number, and the problem you are experiencing should be included. You must also enclose a copy of the original receipt a proof of date of purchase

Brooklyn, NY 11204
1-800-444-5671
Monday Through Thursday, 9AM to 5PM
Friday 9AM to 1PM Eastern.
www.pyleaudio.com

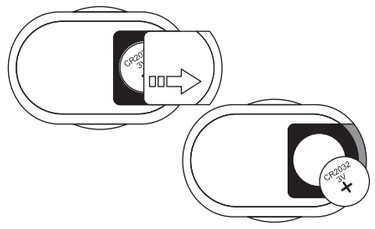
Art No.:PYLE_SPORTS-PPD71

FEATURES

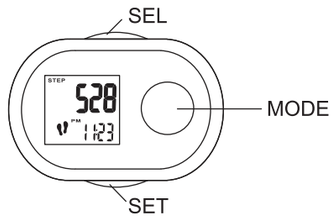
- Daily Step
- Daily Exercise Timer
- Daily Distance
- Daily Calorie
- Daily Fat Burn
- Current Speed
- Average Speed
- Maximum Speed
- Target Training (Step / Time / Distance / Speed)
- 7 Days Memory
- Week Total Memory
- Odometer
- Clock
- Stopwatch
- Km / Mile unit
- 12/24 hour format
- Pedometer calibration
- Odometer save

BATTERY INSTALLATION

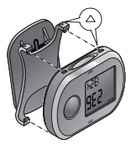
Remove the battery cover at the back of the case by sliding the direction shown below. Insert a new CR2032 battery into the battery compartment with the positive pole facing up. Slide the battery door back on.



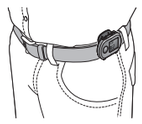
KEY ASSIGNMENT



HOW TO USE THE CLIP



1. Attach the clip to the pedometer. For correct alignment, see the clip on the pedometer and small arrows.



2. Attach the pedometer to your belt or waistband. If you attach it as shown, you can read the values from above when wearing it. Or you can put the pedometer without a clip in your pocket.

ACCESSORIES

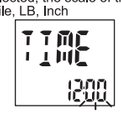
Wearing clip

Battery CR2032

INITIAL SETTING

After replacing battery, the unit enter First Use Setting Mode.

Set Unit
Press SEL to toggle between KM or Mile, Press SET to confirm to advance to Set Clock
If KM is selected, the scale of the unit will be in KM, KG, Meter
If Mile is selected, the scale of the unit will be in Mile, LB, Inch



SET Clock
Press SEL to toggle 12 or 24 hr format, Press SET to confirm and advance to set HR,
Press SEL to advance to desirable HR, Press SET to confirm and advance to set MIN
Press SEL to advance to desirable MIN, Press SET to confirm and advance to set Weight

SET Weight and Height
The unit default the weight of user to be 50KG or 110LB
Press SEL to advance to desirable weight, Press SET to confirm and advance to set Height
The unit default the height of the user to be 150cm or 59inch
Press SEL to advance to desirable Height, Press SET to confirm and advance to Calibration Mode

Note: It is necessary to enter the correct weight to receive a meaningful value of calorie consumption and fat burning.

Note : It is strongly recommended that the user calibrate the pedometer to their personal movement pattern. Otherwise this unit will use only statistical data based on the height input by the user. The performance of the unit will not be in its full capacity.

Pedometer Calibration

You can choose Yes and No between with the SEL button. Choose YES and confirm with the SET button.

- The unit enters into Calibrate RUN/WALK mode, Press SET to confirm and advance to SET RUN/WALK Distance.
- Press SEL to set the run distance, increment by 100 meter, Press SET to confirm the Distance. Now the unit is ready for Calibrate Running Stripe Length. Press SET and start running.
- At the time distance covered, press SET to stop. Display DONE and SAVED appears; the calibration was correct and was saved.

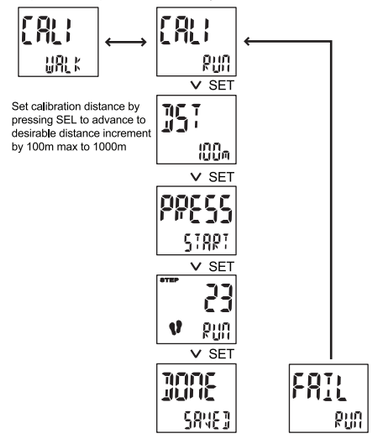
Note: It is important that you also perform the calibration for walking, as described in the following section:

- Press SET again to confirm the calibration for running and enter calibration for walking. Repeat above process for Walking.

Calibration not Successful
In case the calibration was not successful, the display FAIL appears. After a few seconds the display CALI FOR RUNNING or WALKING appears again and you can start a new calibration.

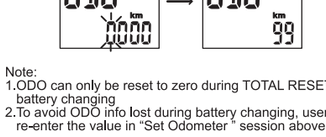
Note: After Calibration, if the height is changed, all calibrated data will be lost. And the stride length will be reset according to the new entry of height.

The unit enter into Calibrate RUN mode, Press SET to confirm and advance to SET RUN Distance. Press SEL to set the run distance, increment by 100 meter, Press SET to confirm the Distance. Now the unit is ready for Calibrate Running Stripe Length. Press SET and start running. At the time distance covered, press SET to stop. Press SET again to confirm the calibration for running and enter calibration for walking.
Repeat above process for Walking.



After the initial setting, you are ready to go.

TURN ON/OFF Pedometer Function
PRESS SET key until the 2 foot print icon appear to turn on Pedometer function.
To turn off, PRESS SET key.



Note: Pedometer can't be turned ON/OFF when it is in 1) Stopwatch mode and 2) Memory mode.

Operation Modes

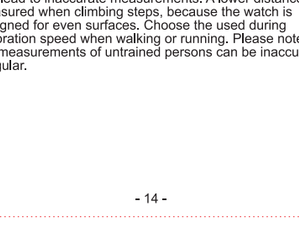
The unit has 4 operation modes : Main, Exercise, Record, Memory

Scroll Through the operation mode by pressing the MODE key.

Main Mode

By pressing the SEL Button in the main mode, you can see current information of STEP in upper display, and sub information in lower display as below:

- CLOCK
- EXERCISE TIMER
- DISTANCE and
- CURRENT SPEED



Note: Distance and Timer reset automatically every night at 0:00

Exercise Mode

By pressing the SEL button in the Exercise mode, you can choose between the sub functions
- Target Zone
- Stop watch

Target Zone
User can select one of the following targets for his own daily workout target Distance, Speed, Step and Timer.
The unit defaults as Target Step. If user desire other workout data, please HOLD set key in Exercise Mode until SET appear on the upper row as in figure.

- Press SEL to toggle between four target types, Press SET to confirm
- Press SEL to advance to desire target values, Press SET to confirm

Target Alert

For Step, Timer and Distance, there will be an alert when target meet. For Speed, there will be an alert when below target.

The unit defaults the following workout data:
Target Step: 10000 steps
Target Timer: 1 hour
Target Distance: 5 KM/Mile
Target Speed: 0 Km/hr or Mile/hr.
Once selected, the pedometer mode will display the selected information

Activate/Deactivate Target Alert

Hold SEL key to Activate/Deactivate target Alert in Exercise Mode

Alert symbol 🔔 is displayed = alert on
Alert symbol not displayed = alert off

Stopwatch Mode

In Exercise Mode, user can change to Stopwatch model By press SEL key

Daily Record Mode

Calorie, Fat Burnt, Average Speed and Maximum Speed automatically record daily. These data reset every night at 0:00

Scroll Through the records by pressing the SEL key.

Note: Features Reset - including Daily Step, Training Timer, Distance, Calorie, Fat Burnt, Average speed, Maximum speed. In Exercise and Record Mode, hold SET button to reset all daily data to 0.

Memory Mode

This unit will record the daily data (step, distance, fat burnt, calorie, timer) for the past seven day, 7 days accumulated data (total Step, total distance, total calorie, total fat burnt),

MEMORY MODE display sequence(part A)

MEMORY MODE display sequence(part B)

Odometer Save function
Before changing battery or perform total reset. Please write down the accumulated distance travels and use this function to input distance back to the pedometer.
To set, go to odometer mode, HOLD SET until ODOMETER SAVE screen appear and first digit in the lower low start to blink, press SEL to choose desire number and SET to confirm. Repeat the procedure until desirable distance is entered.

Note:
1. ODO can only be reset to zero during TOTAL RESET or battery changing
2. To avoid ODO info lost during battery changing, user can re-enter the value in "Set Odometer " session above

CAUTION

This unit is not water resistant. Do not get the pedometer wet

There are 4 resetting procedures for user to reset the data.

1. Total Reset – INITIAL SETTING
   Change battery or Hold SET and SEL buttons, repeat INITIAL SETTING procedure.
2. Reset Clock without resetting workout data
   In Clock mode, Hold SET button to enter setting mode. Repeat process in the SETTING SECTION described above.
3. Reset Weight/Height/Calibration
   In clock function, Hold SET button to enter Calibration mode. Repeat process in the PEDOMETER CALIBRATION described above.
4. Features Reset - including Daily Step, Training Timer, Distance, Calorie, Fat Burnt, Average speed, Maximum speed. In Exercise and Record Mode, hold SET button to reset all daily data to 0.

TROUBLESHOOTING

Why is the displayed covered distance incorrect?
Have you performed a calibration? For optimum results the calibration has to be performed for "walking" as well as "running". A shuffling gait, bad shoes and varying surface can lead to inaccurate measurements. A lower distance is measured when climbing steps, because the watch is designed for even surfaces. Choose the used during calibration speed when walking or running. Please note that the measurements of untrained persons can be inaccurate/ irregular.